

#hotmessfounder QUIZ

Do you ever...(check all that apply)

- [ ] Step over a 4 foot pile of laundry during your morning commute to your home office?
- [ ] Drink coffee all day long to stay focused and energized?
- [ ] Drink wine every evening to relax/unwind?
- [ ] Spend hours reading email or Social media, or playing on Canva when you should be making sales calls?
- [ ] Get so absorbed in work that you've forget to shop for groceries, plan, prepare, or eat meals?
- [ ] Take on more projects than there are hours in the day (or days in the year) to accomplish?
- [ ] Wake up in the middle of the night thinking about all the things you forgot/need to do?
- [ ] Become so lost in thought that you lose track of all time?
- [ ] Neglect to exercise, relax or socialize because you're so busy?
- [ ] Feel stressed, overwhelmed, under-appreciated, or burned out?

InANutshell
guiding female founders

(c) 2020 InANutshell Consulting,
all rights reserved.



#hotmessfounder QUIZ

Have you ever...(check all that apply)

- [ ] Spent months developing a cool new product without a clear sales and marketing strategy?
- [ ] Invested $thousands on a slick new "time-saving" technology, system or tool only to have it sit on your harddrive unused?
- [ ] Space out on celebrating a major anniversary or a family member/friend's birthday?
- [ ] Won several new contracts, without having a streamlined processes or system to sustain your growth?
- [ ] Forgotten to invoice a client or deposit a check?
- [ ] Withheld paying yourself for your work?
- [ ] Ignored, lost patience with, or lashed out at your partner, kid, or pet?
- [ ] Spent 50% of your vacation on your phone/laptop?
- [ ] Wondered why you are working so hard for so little return?
- [ ] Questioned whether you have what it takes to be a founder?

InANutshell
guiding female founders

(c) 2020 InANutshell Consulting, all rights reserved.



#hotmessfounder QUIZ RESULTS

Okay, Now tally your score:

0-5: You are NOT a hot mess. Far from it. In fact, you are a rock star! Keep on doing what you are doing!

5-10: You are NOT a hot mess, you are a normal human being. Be kind to yourself and stay the course. For each box you checked, know that there are specific action steps you can take to reduce your stress. Click the link below to learn more.

11-15: You are NOT a hot mess although you may feel like it, Your challenges makes you lovable and human. For each box you checked, know that there are actionable steps you can take to alleviate your stress, overcome hurdles & turn your setbacks into success. Click the link below to learn more.

16-20: DO NOT DESPAIR. You may definitely FEEL like a hot mess, and you are not alone. You have too much on your plate right now and risk burnout. Dear intrepid founder, you would benefit from a coach who will help you to identify tactics to change your behavior and specific actions to lighten your load. Click the link below to learn more about how I can help you turn your setbacks into success.

Want to learn about the specific steps you can take to increase your focus, overcome setbacks, reduce overwhelm and gain momentum in your business? Hop on a FREE CALL with me this week: http://bit.ly/20minDisc

InANutshell
guiding female founders

(c) 2020 InANutshell Consulting, all rights reserved.